



European Society of Regional Anaesthesia HELLAS

ANNUAL REGIONAL ANAESTHESIA HANDS – ON WORKSHOPS

Small Auditorium (Lectures Hall), «Aretaieion» University Hospital
Athens, Greece

12th CYCLE

Part I: 18 – 20 October 2019

Part II: 22 – 24 November 2019



The Annual **ESRA Hellas Workshops (Part I & II)** are recognized by the **EDRA Diploma Board** as one of the prerequisites towards the **EDRA Diploma Examinations**.

They are accredited with **32 CME – CPD Credits** by the **Panhellenic Medical Association** and are approved by the **National Drug Organization (EOF)** of Greece and the **Hellenic Association of Pharmaceutical Companies (SFEE)**.

ORGANIZATION: ESRA Hellas

www.esrahellas.gr

INFORMATION – PREREGISTRATION:

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ANNUAL REGIONAL ANAESTHESIA HANDS – ON WORKSHOP 12th CYCLE

Scientific Program

Part I

ORGANIZING & SCIENTIFIC COMMITTEE

Chair:

E. Stavropoulou

Members:

E. Antonopoulou

V. Fyntanidou

E. Gkliatis

A. Makris

E. Moka

M. Rekatsina

K. Theodoraki

- Accreditation with 32 CME – CPD Credits (Part I and II) by the Pan – Hellenic Medical Association
- Recognized as a prerequisite towards Exam for EDRA Diploma
- Approved by the National Drug Organization (EOF) of Greece
- Approved by the Hellenic Association of Pharmaceutical Companies (SFEE)

Friday 18.10.2019

14.30 – 15.00	VENUE – REGISTRATIONS: Small Auditorium – Lectures Hall, «Aretaieion» University Hospital			
15.00 – 17.00	LECTURES: INTRODUCTION AND FUNDAMENTALS OF REGIONAL ANAESTHESIA (SMALL AUDITORIUM) Chairs: E. Stavropoulou – E. Moka			
15.00 – 15.30	Education on Regional Anaesthesia & EDRA Diploma			E. Moka
15.30 – 16.00	Basic Elements of Anatomy for Regional Anaesthesia (Functional Anatomy & Sono – Anatomy)			E. Stavropoulou
16.00 – 16.30	Local Anaesthetics: Pharmacokinetics – Pharmacodynamics			E. Moka
16.30 – 16.45	Basics of Neurostimulation			A. Makris
16.45 – 17.00	Basic Principles of Ultrasound – Basic Equipment for the Use of Ultrasound on Regional Anaesthesia			T. Paraskevopoulos
17.00 – 17.30	COFFEE BREAK			
17.30 – 18.00	INVITED GUEST'S LECTURE (In English) I			
	Peripheral Nerve Blocks: Which Local Anaesthetic? Which Concentration? Which Adjuvant?			P. Narchi
18.00 – 20.00	CLINICAL WORKSHOP I: Ultrasonographic Identification of Basic Anatomic Structures WS Leader: A. Makris			
Instructors	A. Makris	V. Brozou	K. Vitoula	E. Gkliatis
Workstations (30min/ Workstation)	<u>WORKSTATION 1</u> Live Model	<u>WORKSTATION 2</u> Phantom	<u>WORKSTATION 3</u> Anatomical Preparation	<u>WORKSTATION 4</u> Phantom Torso
	GROUPS			
18.00 – 18.30	A	B	C	D
18.30 – 19.00	B	C	D	A
19.00 – 19.30	C	D	A	B
19.30 – 20.00	D	A	B	C

Saturday 19.10.2019

08.45 – 09.00	VENUE: Small Auditorium – Lectures Hall, «Aretaieion» University Hospital			
09.00 – 09.30	INVITED GUEST'S LECTURE (In English) II: (SMALL AUDITORIUM) Chairs: E. Moka - E. Gkliatis			
	Anatomy of Brachial Plexus – 3D Demonstration			P. Narchi
09.30 – 11.00	CLINICAL WORKSHOP II: Upper Limb Peripheral Nerve Blocks WS Leader: V. Fyntanidou			
	ULTRASONOGRAPHIC IDENTIFICATION		ANATOMICAL LANDMARKS, USE OF NEUROSTIMULATION	
Instructors	P. Narchi	V. Fyntanidou	G. Stamatiou	E.Lykoudi,A.Tsigara
Workstations (45min/ Workstation)	<u>WORKSTATION 1</u> PERIPHERAL NERVE BLOCKS ABOVE THE CLAVICLE Interscalene, Suprascapular & Supraclavicular Nerve Blocks	<u>WORKSTATION 2</u> PERIPHERAL NERVE BLOCKS BELOW THE CLAVICLE Infraclavicular & Axillary Nerve Blocks, Nerve Blocks at Elbow, Forearm & Wrist Level	<u>WORKSTATION 3</u> PERIPHERAL NERVE BLOCKS ABOVE THE CLAVICLE Interscalene, Suprascapular & Supraclavicular Nerve Blocks	<u>WORKSTATION 4</u> PERIPHERAL NERVE BLOCKS BELOW THE CLAVICLE Infraclavicular & Axillary Nerve Blocks, Nerve Blocks at Elbow, Forearm & Wrist Level
	GROUPS			
09.30 – 10.15	A	B	C	D
10.15 – 11.00	B	C	D	A
11.00 – 11.30	COFFEE BREAK			
11.30 – 13.00	CLINICAL WORKSHOP II: [Continued]			
	GROUPS			
11.30 – 12.15	C	D	A	B
12.15 – 13.00	D	A	B	C
13.00 – 13.30	LECTURE – INTERACTIVE DISCUSSION (SMALL AUDITORIUM)			
	Upper Limb Peripheral Nerve Blocks: Procedure – Specific Block Selection [Summing – Up]			V. Fyntanidou
13.30 – 14.15	LUNCH BREAK			

Saturday 19.10.2019 [Continued]

14.15 – 16.15	LECTURES: CENTRAL NERVE BLOCKS – TRUNCAL BLOCKS (SMALL AUDITORIUM) Chairs: C. Chantzi – K. Theodoraki			
14.15 – 14.35	Subarachnoid Anaesthesia: Tips & Tricks			C. Staikou
14.35 – 14.55	Epidural Anaesthesia – Analgesia: Where, When and Why			A. Tsaroucha
14.55 – 15.15	Short Acting Subarachnoid Anaesthesia in Day Case Surgery			R. Souvatzoglou
15.15 – 15.35	Ultrasound Guided Central Nerve Blocks			E. Stavropoulou
15.35 – 15.55	Thoracic Paravertebral Block: Anatomy, Indications, Contraindications, Complications			A. Makris
15.55 – 16.15	Erector Spinae, Pectoral Nerve (PECS) I & II & Serratus Anterior Plane (SAP) Blocks			A. Andreou
16.15 – 18.15	CLINICAL WORKSHOP III: Central Nerve Blocks – Truncal Blocks Upper Limb Peripheral Nerve Blocks WS Leader: A. Makris			
Instructors	E. Stavropoulou	T. Paraskevopoulos	A. Andreou	A. Rantis
Workstations (30min/ Workstation)	<u>WORKSTATION 1</u> Paravertebral Block & Erector Spinae Block Ultrasonographic Identification	<u>WORKSTATION 2</u> Central Neuraxial Blocks Ultrasonographic Identification	<u>WORKSTATION 3</u> PEC'S Block (I & II) & Serratus Anterior Plane (SAP) Block Ultrasonographic Identification	<u>WORKSTATION 4</u> Quadratus Lumborum Block (QLB) TAP Block Rectus Sheath Block Ultrasonographic Identification
	GROUPS			
16.15 – 16.45	A	B	C	D
16.45 – 17.15	B	C	D	A
17.15 – 17.45	C	D	A	B
17.45 – 18.15	D	A	B	C

Sunday 20.10.2019

08.45 – 09.00	VENUE: Small Auditorium – Lectures Hall, «Aretaieion» University Hospital			
09.00 – 10.30	LECTURES: POSTOPERATIVE ANALGESIA AND REGIONAL TECHNIQUES: NEWER METHODS (SMALL AUDITORIUM) Chairs: A. Bairaktari – E. Moka			
09.00 - 09.30	Elastomeric Pumps & Catheters Technical Characteristics: What Is Important for the Anaesthesiologist?		T. Paraskevopoulos	
09.30 - 10.00	Postoperative Analgesia Using Perineural Catheters: Bolus Dose Versus Continuous Infusion		M. Papaioannou	
10.00 – 10.30	Postoperative Analgesia Using Surgical Wound Catheters		K. Vitoula	
10.30 – 11.00	COFFEE BREAK			
11.00 – 12.30	LECTURES: UPDATED AND INTERESTING SUBJECTS ON REGIONAL ANAESTHESIA (SMALL AUDITORIUM) Chairs: K. Theodoraki – N. Fyrfiris			
11.00 – 11.30	Applied Statistics in Regional Anaesthesia: Tips & Tricks		K. Theodoraki	
11.30 – 12.00	Regional Anaesthesia and Anticoagulation: What's New?		E. Arnaoutoglou	
12.00 – 12.30	ERAS Protocols: The Role of Regional Anaesthesia		P. Karamanis	
12.30 – 12.45	COFFEE BREAK			
12.45 – 14.45	CLINICAL WORKSHOP V: Cervical Blocks – Chronic Pain – IVRA WS Leader: K. Theodoraki			
Instructors	C. Karanastasi	M. Diakomi	D. Morella	E. Stavropoulou
Workstations (30min/ Workstation)	<u>WORKSTATION 1</u> Intravenous Regional Anaesthesia (IVRA) Clinical Demonstration and Technique	<u>WORKSTATION 2</u> Superficial & Deep Cervical Plexus Blocks Clinical Demonstration & Landmarks on Live Model	<u>WORKSTATION 3</u> Superficial & Deep Cervical Plexus Blocks Clinical Practice with Ultrasound	<u>WORKSTATION 4</u> Interventional Regional Techniques in Chronic Pain Management Clinical Practice with Ultrasound
	GROUPS			
12.45 – 13.15	A	B	C	D
13.15 – 13.45	B	C	D	A
13.45– 14.15	C	D	A	B
14.15 – 14.45	D	A	B	C

Faculty List (Instructors, Lecturers, Organizers)

Patrick Narchi, MD, PhD

Senior Consultant Anaesthesiologist, Anaesthesiology Department, Centre Clinical, Soyaux, Angoulême, France
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